PSI Texas State Board Nail Tech Practice Exam (Sample)

Study Guide

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Questions

1. What is the purpose of using a nail dehydrator?

A. To enhance nail color

B. To remove cuticle oil

C. To add shine to the nails

D. To strengthen the nail plate

2. Which product is used to cleanse the nail plate before applying polish?

A. Nail cleanser or polish remover

B. Moisturizing lotion

C. Cuticle cream

D. Nail polish itself

3. What consequence might occur if enough moisture is trapped under a nail wrap?

A. Nail strength increases

B. Wrap will adhere better

C. Growth of bacteria may occur

D. Nail bed becomes stronger

4. Which of the following products is not needed in the application of a nail wrap?

A. Adhesive

B. Top coat

C. Monomer

D. Wrap material

5. What can be done to expedite the removal of acrylic enhancements?

A. Soak nails in warm soapy water

B. Apply a thick layer of lotion

C. Place acetone bowl inside a bowl of hot water

D. Rub nails with a rough surface

6. What is the term for friction in a massage movement?

A. Compression

B. Effleurage

C. Petrissage

D. Friction

7. Which practice will NOT help reduce the spread of disease?

A. Using disposable utensils

B. Maintaining a clean workspace

C. Using white service towels

D. Regularly disinfecting equipment

8. Which of the following is an example of a parasite?

A. Fungi

B. Bacteria

C. Viruses

D. Scabies

9. All of the following are classified as equipment used in nail services EXCEPT?

A. Electric nail file

B. UV lamp

C. Abrasive board

D. Autoclave

10. Which qualifications must a product meet to be EPA approved as a disinfectant?

A. Must be a sanitizer and deodorizer

B. Must contain alcohol and surfactants

C. Must be a virucide, fungicide, bactericide, and disinfectant

D. Must have a pleasant scent

Answers

1. B
2. A
3. C
4. C
5. C
6. D
7. C
8. D
9. C
10. C

Explanations

1. What is the purpose of using a nail dehydrator?

A. To enhance nail color

B. To remove cuticle oil

C. To add shine to the nails

D. To strengthen the nail plate

Using a nail dehydrator primarily serves the purpose of removing moisture and oils from the surface of the nail plate. By eliminating these elements, which can hinder the adhesion of nail products like polish or acrylic, the dehydrator helps ensure that the products applied afterward adhere more effectively. This step is crucial for achieving a longer-lasting finish and minimizing issues such as lifting or chipping of enhancements. Although some might consider other functions like enhancing color or adding shine, those are not the main objectives of a nail dehydrator. It is specifically designed to create an optimal surface for product application, ensuring that the nail service is durable and maintains its integrity over time.

2. Which product is used to cleanse the nail plate before applying polish?

A. Nail cleanser or polish remover

B. Moisturizing lotion

C. Cuticle cream

D. Nail polish itself

The use of a nail cleanser or polish remover before applying polish is essential for ensuring proper adhesion and a smooth finish. The nail plate, which is the hard surface of the nail, can accumulate oils, dirt, and residue from previous polish or treatments. A nail cleanser effectively removes these impurities, creating a clean surface that allows the nail polish to adhere better and prevents it from chipping or peeling. Moisturizing lotion, while beneficial for skin care, does not serve the purpose of cleansing the nail plate and can actually hinder polish adhesion by leaving a residue. Cuticle cream is also designed to nourish and protect the cuticles rather than cleanse the nail surface. Nail polish itself, obviously meant for coating nails, cannot prepare the nail by removing the oils and residues present beforehand. Therefore, the correct choice emphasizes the importance of starting with a clean nail plate for the best results in nail polish application.

3. What consequence might occur if enough moisture is trapped under a nail wrap?

A. Nail strength increases

B. Wrap will adhere better

C. Growth of bacteria may occur

D. Nail bed becomes stronger

When moisture becomes trapped under a nail wrap, it creates an environment that is conducive to the growth of bacteria. Bacteria thrive in warm, moist conditions, and when they are sealed beneath the nail wrap, they can multiply rapidly, leading to potential infections. This can compromise the integrity of the nail, cause foul odor, and may result in more serious conditions if not addressed. In contrast, moisture being trapped does not enhance nail strength, and wraps do not adhere better under moist conditions; in fact, they may lift or become dislodged. Additionally, while moisture is essential for healthy nail growth, excessive moisture trapped under a wrap does not contribute to strengthening the nail bed. It's important for nail technicians to be aware of proper application techniques and aftercare to prevent such issues.

4. Which of the following products is not needed in the application of a nail wrap?

A. Adhesive

B. Top coat

C. Monomer

D. Wrap material

In the application of a nail wrap, the primary components required are the wrap material itself, an adhesive to secure the wrap, and a top coat to finish the application and provide durability. Monomer, typically associated with acrylic nails, is not a necessary component for applying nail wraps. Nail wraps are created using materials like silk, linen, or fiberglass and, while they may involve some sort of bonding agent, they do not incorporate monomers as part of their setup. Therefore, understanding that monomer is specifically linked to sculpting nails rather than applying wraps clarifies why it is not needed in this context.

5. What can be done to expedite the removal of acrylic enhancements?

A. Soak nails in warm soapy water

B. Apply a thick layer of lotion

C. Place acetone bowl inside a bowl of hot water

D. Rub nails with a rough surface

The choice to place an acetone bowl inside a bowl of hot water is the most effective method for expediting the removal of acrylic enhancements. This approach takes advantage of heat, which increases the evaporation rate of the acetone, making it work faster to break down the acrylic material. Warm acetone penetrates the acrylic more quickly than at room temperature, significantly reducing the overall removal time. In contrast, soaking nails in warm soapy water can soften the acrylic to some degree but does not effectively dissolve it. This method generally prolongs the removal process as soap does not interact efficiently with acrylic. Applying a thick layer of lotion may even hinder the removal process, as lotion can create a barrier that prevents the acetone from effectively reaching and breaking down the acrylic. Lastly, rubbing nails with a rough surface can damage the natural nail, leading to injury or thinning of the nail plate, but it does not facilitate the removal of acrylics effectively. Thus, using a heated acetone method stands out as the preferred and most effective means of removing acrylic enhancements promptly and safely.

6. What is the term for friction in a massage movement?

A. Compression

B. Effleurage

C. Petrissage

D. Friction

The term for friction in a massage movement is referred to as friction. This type of movement involves a specific technique where the hands move against the surface of the skin, creating heat through the mechanical action. Friction techniques are essential in massage therapy as they help to stimulate circulation and break down adhesions in the tissues. In contrast, compression refers to applying pressure to specific areas to relieve tension, while effleurage is a technique involving long, sweeping strokes meant to relax and warm the muscles. Petrissage consists of kneading motions that lift and squeeze the muscles. Understanding these different techniques and their applications is crucial for effective massage therapy, but when discussing specifically friction movements, the correct term is simply friction.

7. Which practice will NOT help reduce the spread of disease?

A. Using disposable utensils

B. Maintaining a clean workspace

C. Using white service towels

D. Regularly disinfecting equipment

Using white service towels does not inherently contribute to reducing the spread of disease. While maintaining cleanliness is essential in a nail salon environment, the color of towels does not influence their effectiveness in preventing infection or germs. The primary concern is whether the towels are clean and regularly laundered or disposed of properly after use. In contrast, using disposable utensils, maintaining a clean workspace, and regularly disinfecting equipment directly contribute to minimizing the risk of disease transmission by ensuring that tools and surfaces are sanitary and free from contaminants.

8. Which of the following is an example of a parasite?

A. Fungi

B. Bacteria

C. Viruses

D. Scabies

The identification of scabies as a parasite is based on its biological characteristics and behavior. Scabies is caused by the Sarcoptes scabiei mite, which is a tiny organism that lives on or in the skin of its host. This mite burrows into the skin, where it feeds on the host's skin cells, resulting in itching and discomfort. This relationship is a hallmark of parasitism, where the parasite benefits at the expense of the host. In contrast, the other options—fungi, bacteria, and viruses—can be grouped differently based on their classifications. Fungi are primarily saprophytic or can be parasitic, but they do not specifically fall under the definition of a parasite in the context typically associated with disease. Bacteria can be classified as beneficial, commensal, or pathogenic; however, they are not exclusively parasites like scabies. Viruses are obligate intracellular pathogens that rely entirely on host cells for replication and survival, but they do not have the typical traits associated with parasitic organisms, such as prolonged live-in behaviors seen with mites. Thus, scabies is appropriately categorized as a parasite due to its direct dependency on the host for survival and nourishment.

9. All of the following are classified as equipment used in nail services EXCEPT?

A. Electric nail file

B. UV lamp

C. Abrasive board

D. Autoclave

The classification of equipment used in nail services is typically based on items that are essential for performing various procedures. The electric nail file, UV lamp, and autoclave play significant roles in nail services. An electric nail file is used for shaping and smoothing nails efficiently, while a UV lamp is essential for curing gel polishes during nail enhancements. An autoclave is a sterilization device that ensures all tools and implements used in nail services are free from contamination, which is crucial for maintaining hygiene standards. In this context, the abrasive board, commonly referred to as a nail file or buffer board, is generally considered a tool rather than a piece of equipment. Tools are typically smaller, handheld items that are used during the actual nail service, whereas equipment often involves larger, more complex machines or devices. Thus, identifying the abrasive board as not fitting the classification of equipment aligns with its functional role in the nail service process.

10. Which qualifications must a product meet to be EPA approved as a disinfectant?

A. Must be a sanitizer and deodorizer

B. Must contain alcohol and surfactants

C. Must be a virucide, fungicide, bactericide, and disinfectant

D. Must have a pleasant scent

To be EPA approved as a disinfectant, a product must demonstrate efficacy against a broad spectrum of pathogens, which includes being effective as a virucide (capable of killing viruses), fungicide (capable of killing fungi), and bactericide (capable of killing bacteria). This ensures that the disinfectant can effectively eliminate harmful microorganisms that can pose health risks, particularly in environments such as salons, where cleanliness is paramount for both client safety and hygiene. The ability to act as a disinfectant goes beyond merely killing microorganisms; it also must have specific testing and labeling requirements set forth by the EPA. A product that meets these stringent criteria will be validated for its ability to mitigate various pathogens, which is essential in preventing the spread of infectious diseases. While qualities like being a sanitizer and having a pleasant scent might be beneficial for user experience and perceived cleanliness, they do not meet the core requirement necessary for EPA approval as a disinfectant.